

What is claimed is:

1. A method of adjusting the height of a volleyball net comprising:

securing first and second net standards to a support surface, such as a floor, in a manner so that the net standards extend up from the support surface in a generally upright position, each net standard comprising a lower post section and an upper post section slidably connected to the lower post section for telescoping movement of the upper post section relative to the lower post section along a post axis between a raised position and a lowered position;

providing a net and cable assembly comprising a net and a net-supporting cable, the net having an upper edge margin and a cable-receiving sleeve at its upper edge margin, the upper edge margin having first and second ends and a mid-point midway between the first and second ends, the net-supporting cable extending through the cable-receiving sleeve of the net;

operatively connecting the net-supporting cable to the upper post sections of the first and second net standards in a manner so that the net is between the first and second net standards and extends downward from the net-supporting cable;

tensioning the net-supporting cable to a net-supporting tension which is sufficiently great that the elevation of the first and second ends of the net's upper edge margin does not exceed the elevation of the mid-point of the net's upper edge margin by more than approximately 3/4" (2 cm) when the first and

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second ends of the net's upper edge margin are at approximately the same elevation; and

moving the upper post sections of the first and second net standards
25 between their raised and lowered positions without reducing the tension of the
cable below the net-supporting tension.

2. A method as set forth in claim 1 further comprising providing a
tensioning mechanism on the upper post section of the first net standard, and
wherein the step of tensioning the net-supporting cable comprises using the
tensioning mechanism to tension the net-supporting cable to the net-
5 supporting tension.

3. A method as set forth in claim 1 further comprising providing a
winch mechanism on the upper post section of the first net standard, and
wherein the step of tensioning the net-supporting cable comprises using the
winch mechanism to tension the net-supporting cable to the net-supporting
5 tension.

4. A method as set forth in claim 3 wherein the winch mechanism
moves with the upper post section of the first net standard as the upper post
section of the first net standard is moved between its raised and lowered
positions.

5. A method as set forth in claim 1 wherein each net standard further comprises a crank-operable drive mechanism having a crank rotatable about a crank axis, and wherein the upper post section of each net standard is moved between its raised and lowered positions by rotating the crank of the
5 corresponding net standard about its crank axis.

6. A method as set forth in claim 1 wherein each net standard further comprises a drive mechanism operable to move the upper post section of the corresponding net standard between its raised and lowered positions, and wherein the step of moving the upper post sections of the first and second net
5 standards is accomplished by operating the drive mechanisms.

7. A method as set forth in claim 6 wherein the drive mechanism of each net standard comprises a screw-type drive mechanism having an elongate screw extending generally along the post axis, and a threaded adjuster member threadably engageable with the elongate screw, the
5 elongate screw being operatively connected to one of the upper and lower post sections in a manner to permit rotation of the screw about the post axis and relative to said one post section, the threaded adjuster member being operatively secured to the other of said upper and lower post sections, the upper and lower post sections and the adjuster member and the screw being
10 arranged and configured so that rotation of the screw effectuates movement of the upper post section relative to the lower post section between its raised and lowered positions, and wherein the step of moving the upper post

sections of the first and second net standards is accomplished by rotating the screws.

8. A method as set forth in claim 1 wherein:

the step of securing the first and second net standards to the support surface comprises securing the first and second net standards to the support surface in a manner so that the first and second net standards are spaced
5 apart by at least 32 feet; and

the step of providing the net and cable assembly comprises providing the net so that the distance between the first and second ends of the edge margin is at least thirty feet.

9. A method as set forth in claim 8 wherein the step of moving the upper post sections of the first and second net standards comprises lowering the upper post sections of the first and second standards to change the height of the mid-point of the net's upper edge margin from about 7 feet, 11 5/8
5 inches to about 7 feet, 4 1/8 inches without reducing the tension of the cable below the net-supporting tension.

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10. A method of adjusting the height of a volleyball net comprising:
securing first and second net standards to a support surface, such as a floor, in a manner so that the net standards extend up from the support surface in a generally upright position, each net standard comprising a lower
5 post section, an upper post section slidably connected to the lower post

section for telescoping movement of the upper post section relative to the lower post section along a post axis between a raised position and a lowered position, and a drive mechanism operable to move the upper post section between its raised and lowered positions;

10 providing a net and cable assembly comprising a net and a net-supporting cable, the net having an upper edge margin and a cable-receiving sleeve at its upper edge margin, the upper edge margin having first and second ends and a mid-point midway between the first and second ends, the net-supporting cable extending through the cable-receiving sleeve of the net;

15 operatively connecting the net-supporting cable to the upper post sections of the first and second net standards in a manner so that the net is between the first and second net standards and extends downward from the net-supporting cable;

20 providing a tensioning mechanism on the upper post section of the first net standard;

using the tensioning mechanism to tension the net-supporting cable between the upper post sections of the first and second net standards;

25 operating the drive mechanism of the first net standard to move the upper post section of the first net standard between its raised and lowered positions, and to move the tensioning mechanism therewith; and

operating the drive mechanism of the second net standard to move the upper post section of the second net standard between its raised and lowered positions.

11. A method as set forth in claim 9 wherein the steps of operating the drive mechanisms are performed after the step of using the tensioning mechanism to tension the net-supporting cable.

12. A method as set forth in claim 10 wherein the step of using the tensioning mechanism to tension the net-supporting cable comprises using the tensioning mechanism to tension the net-supporting cable to a net-supporting tension which is sufficiently great that the elevation of the first and second ends of the net's upper edge margin does not exceed the elevation of the mid-point of the net's upper edge margin by more than approximately 3/4" (2 cm) when the first and second ends of the net's upper edge margin are at approximately the same elevation.

13. A height-adjustable net and standard system for use in ball games such as volleyball, the net and standard system comprising:

first and second net standards adapted for being secured to a support surface, such as a floor, in a generally upright orientation so that the first and second net standards are horizontally spaced from one another;

a net having an upper edge margin, a lower edge margin, and side margins, the net having a cable-receiving sleeve at its upper edge margin, the net being adapted to be supported by and extend between the first and second net standards;

- 10 a net-supporting cable adapted for extending through the cable-receiving sleeve of the net and for supporting the net between the net standards;
- at least one tension adjusting mechanism;
- each of the first and second net standards comprising a lower post
- 15 section, an upper post section slidably connected to the lower post section for telescoping movement of the upper post section relative to the lower post section along a post axis between a raised position and a lowered position, and a drive mechanism operatively connected to the upper and lower post sections, the drive mechanism being operable in a manner to axially move the
- 20 upper post section relative to the lower post section between its raised and lowered positions;
- the tension adjusting mechanism being attached to the upper post section of the first net standard and being adapted to tension the net-supporting cable in a taut configuration between the first and second net
- 25 standards;
- the drive mechanism being adapted to move the corresponding upper post section between its raised and lowered positions even when the cable is tensioned by the tension adjusting mechanism.

14. A system as set forth in claim 13 wherein the drive mechanism of each net standard comprises a screw-type drive mechanism.

15. A system as set forth in claim 13 wherein the drive mechanism of each net standard comprises a screw-type drive mechanism having an elongate screw extending generally along the post axis, and a threaded adjuster member threadably engageable with the elongate screw, the elongate screw being operatively connected to one of the upper and lower post sections in a manner to permit rotation of the screw about the post axis and relative to said one post section, the threaded adjuster member being operatively secured to other of said upper and lower post sections, the upper and lower post sections and the adjuster member and the screw being arranged and configured so that rotation of the screw effectuates movement of the upper post section relative to the lower post section between its raised and lowered positions.

16. A system as set forth in claim 15 wherein the screw-type drive mechanism of each net standard further comprises a manual mechanism for manually turning the screw about the post axis.

17. A system as set forth in claim 16 wherein the manual mechanism of each net standard comprises a crank and a gear train, the crank and gear train being configured and arranged so that rotating the crank about a crank axis causes the screw to turn about the post axis.

18. A system as set forth in claim 13 wherein the tension adjusting mechanism comprises at least one winch mechanism connected to the upper

section, the winch mechanism being adapted and configured for increasing tension of net between the first and second net standards.

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